

HOW CAN I PARTICIPATE IN A GROUP?

Service Members are referred to groups after completing an initial intake with one of our EBH providers. During the initial intake, your provider will recommend a group to target your needs in treatment and place a consult for 3IBCT EBH ("BH SB EBH 3BCT") services for specific groups. 3IBCT EBH clinic will contact you to schedule participation.

Some groups are "closed" which means that no new members are added to the group once the cycle has started.

Other groups are "open" groups which means that the population of the group is revolving and open to new members and various topics.

All group formats continue to adhere to the confidentiality policy and all members are expected

What are some basic rules for Groups?

- Come on time. If you're going to be late, please call 433-8785 to inform staff that you'll be late or have to cancel.
- Commit. Please commit to the group process and to your own healthy improvement.
- Respect your fellow group members feelings, thoughts and opinions.
- Be open to change and feedback.
- Treatment is confidential unless you provide the clinic with consent to release any of your protected health information to a specific individual. Exceptions to this confidentiality may be made if there are concerns for your safety or that of others or if there are any behavioral health issues that could affect your ability to follow through with mission duties.

GROUPS LIST

Mondays	No current group offerings
Tuesdays	EBH 101 Orientation 0800-0900 Relaxation Group 1300-1430
Wednesdays	Intro to Mood Management and Alpha-Stim. 1300-1430 Foundations For Change 1430-1600
Thursdays	D.I.M.E.S. Distress Tolerance, Interpersonal Effectiveness, Mindfulness, and Emotional Regulation for Safety. 1000-1200
Fridays	No current group offerings

Clinic Hours: 0730-1700

Contact: 808-433-8785

****For after-hours crisis/emergency report to the
Wahiawa General or TAMC Emergency Room****

SCHOFIELD BARRACKS HEALTH CLINIC

3IBCT "BRONCO" EMBEDDED BEHAVIORAL HEALTH GROUPS LIST



3IBCT EBH TEL: 433-8785

Bronco Embedded Behavioral Health Clinic
Schofield Barracks Health Clinic
Bldg 673, "N"

GROUPS OFFERED

Relaxation Group 1330-1530 Tuesdays *

Relaxation Group is lead by Ms. Jamie Simmer. It is an open group that teaches and practices relaxation skills that help Soldiers learn to calm themselves and reduce intensity of physiological responses to stress.

GROUPS OFFERED

Insomnia Group 0900-1100 Wednesdays

Insomnia group is a closed 6 session group lead by CPT Ruiz. It is designed to give a group member the basics in establishing a healthy sleep routine which is important to all aspects of your health.

Intro to Mood Management and Alpha Stim (Alpha-Stim Orientation) 1300-1430 Wednesdays *

Led by Dr. Ogrisseg, this is an open group that is a pre-requisite for patients to attend regular Alpha-Stim treatment sessions in 3IBCT. Soldiers are briefed on the scientific background, effectiveness, typical treatment protocols, and potential adverse effects of Alpha-Stim for various disorders prior to being asked to consent to receive an initial Alpha-Stim treatment. They are also briefed on other group programs available to them and mechanisms for managing their moods.

Foundations for Change (FFC) 1430-1600 Wednesdays *

Foundations for Change is led by Dr. Ogrisseg and is an open group covering common skills Soldiers need for evidence-based treatment. Group members will learn to become more aware of triggers, reactions, and beliefs, while learning the connections between thoughts and feelings and how to dispute unhealthy thinking.

GROUPS OFFERED

Distress Tolerance, Interpersonal Effectiveness, Mindfulness, and Emotional Regulation for Safety (D.I.M.E.S.)

1000-1200 Thursdays

DIMES group is an open, skill building group led by Ms. Kiesel and CPT Williams for 3IBCT Soldiers. Participants learn how to decrease emotional distress and unhelpful behaviors through the development of 4 core skills; Distress tolerance, Interpersonal Effectiveness, Mindfulness, and Emotional Regulation. DIMES helps Soldiers reduce and tolerate emotional pain concepts from Dialectical Behavioral Therapy